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Tuesday, January 19, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

NO ONE CAN HURT OLIVIA MUNN

The 'Ride Along 2' actress won't let mean words get her down. 22-23

Scholarship for autistic kids to honor Avonte. 4

Jess Glynne's really big lesson. 24

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MAN UP

Marc Malusis says Eli Manning got his wish when the Giants hired Ben McAdoo as head coach. Now it's all on Eli to get the G-Men back to the playoffs. 29

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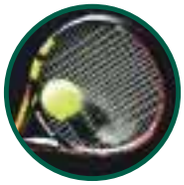
OBAMA HAILS DIPLOMACY

1 Speaking after released Americans had left Iran, President Barack Obama said Iran now would not "get its hands on a nuclear bomb" and the planet would be more secure. "This is a good day because once again we are seeing what's possible through strong American diplomacy," he said at the White House. REUTERS

AFGHAN DESERTIONS

2 Afghan Lieutenant Amanullah said he was ready to fight to the death to stop the Taliban from making gains across the south of the country, where insurgents have already overrun a series of districts in their traditional heartland. In November, 15 months after joining up, he deserted, one of thousands of tired and frustrated soldiers who have shed their uniforms, seriously blunting the Afghan army's power to repel a growing militant threat. REUTERS

MATCH-FIXING REPORTS



3 World tennis was rocked by allegations that the game's authorities have failed to deal with match-fixing. Tennis authorities rejected reports by the BBC and BuzzFeed News, which said 16 players who have been ranked in the top 50 had been flagged to the Tennis Integrity Unit over suspicions they had thrown matches. REUTERS

MLK DAY

7 The New York Knicks stand for the national anthem wearing MLK shirts before their game against the Philadelphia 76ers on Monday at Madison Square Garden.

ALL PHOTOS BY GETTY IMAGES

MAN PUNCHED AND SHOT

4 Police are looking for three suspects who attempted to rob a victim at a Bronx barbershop Sunday night. On Jan. 16 at 7:20 p.m., the suspects entered the Hair Pros Barber & Beauty Salon at 3563 Boston Road, and approached the victim, demanding property, according to cops. The man resisted, which led one of the suspects to punch him. Another took out a firearm and shot him once in his right arm, police said.

ANGY ALTAMIRANO

WILD UNDERAGE PARTY

5 A Long Island woman will face charges stemming from allegations that approximately 100 underage kids were drinking at a wild house party she threw over the weekend. Police charged Michelle Lankri, 20, with violating the state's social host law, which aims to curtail parties where underage drinkers get alcohol from consenting adults, according to News 12. According to police, 75 to 100 underage teenagers were drinking at the party, CBS reported, adding that police also said they had received several complaints about the party. JASON NUCKOLLS

WHATSAPP DROPS COST

6 WhatsApp is dropping its token $1 a year subscription fee for consumers as it experiments with making businesses pay to send notifications to consumers, Chief Executive Jan Koum said Monday. The company, which was acquired by social media giant Facebook in 2014, now counts nearly 1 billion users. REUTERS

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Scholarship offered to students with autism in honor of Avonte Oquendo

Oquendo went missing in 2013 after he ran away from his Queens school.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

Avonte Oquendo PROVIDED

One New York City law firm is looking to keep the memory of Avonte Oquendo — an autistic teen who went missing in 2013 and was later tragically found dead — alive by helping others.

Avonte managed to walk out of his Long Island City, Queens school after a door was left open and the search for him continued for months. His body was later recovered along the East River miles away in College Point.

The Perecman Firm, P.L.L.C. — which represented Avonte's family after his disappearance and during legal battles with the city — announced that in order to help continue the 14-year-old's legacy it is offering a $1,000 scholarship for the 2016 fall semester.

The Avonte Oquendo Memorial Scholarship is open to all students in the United States who have been diagnosed with autism or have a close family member with the diagnosis, and are currently enrolled or have been accepted to an accredited university or college.

"As attorneys, we believe that education is not only a tool for personal development, but also the means by which individuals can better their own lives and ultimately shape and improve their communities," the firm said on its official website. "We know that earning a post-secondary degree can be the difference between a strong, successful career and a lifetime of hardship. We want that opportunity to be open to all students equally, especially those who have autism and often face obstacles that other students do not.

Last year, the Perecman Firm awarded the scholarship to Peter Despres, who was one of 118 applicants.

To apply, students must submit an essay on one of three topics offered and an official academic transcript.

The deadline for scholarship applications is July 31 by 11:59 p.m. To learn more or apply visit Perecman.com or call the law firm at 212-577-9325.

There are 95 empty stores in SoHo

SoHo, the bustling shopping district of downtown Manhattan, could be on the verge of a crisis, according to a new report from The Real Deal that found the neighborhood currently has 95 vacant retail locations available for rent.

Racked puts it in more dramatic terms, reporting that SoHo currently has about 500,000 square feet of empty retail space.

Why?

"Money, money, money," Racked emphatically writes. "The average yearly rent per square foot is now $535, but that number can vary widely depending on the block. The real estate publication uses 489 Broadway, which currently houses Ricky's most-Instagrammed beauty products, as a prime example — that space on the corner of Broome Street runs for $1,700 per square foot."

But this is all, according to some real estate experts, just a part of a grander cycle.

"At some point in every cycle, the tide turns," an unnamed vice president of the investment firm Aurora Capital told Racked. "Rents rise to uncomfortable levels for retailers, the pace of retail sales slows, retail leasing velocity comes to a halt."

So will there be a drop in retail space rents any time soon?

Probably not, as larger and more prominent brands are willing to pay premium dollar for those alluring New York City addresses.

MATTHEW LEE

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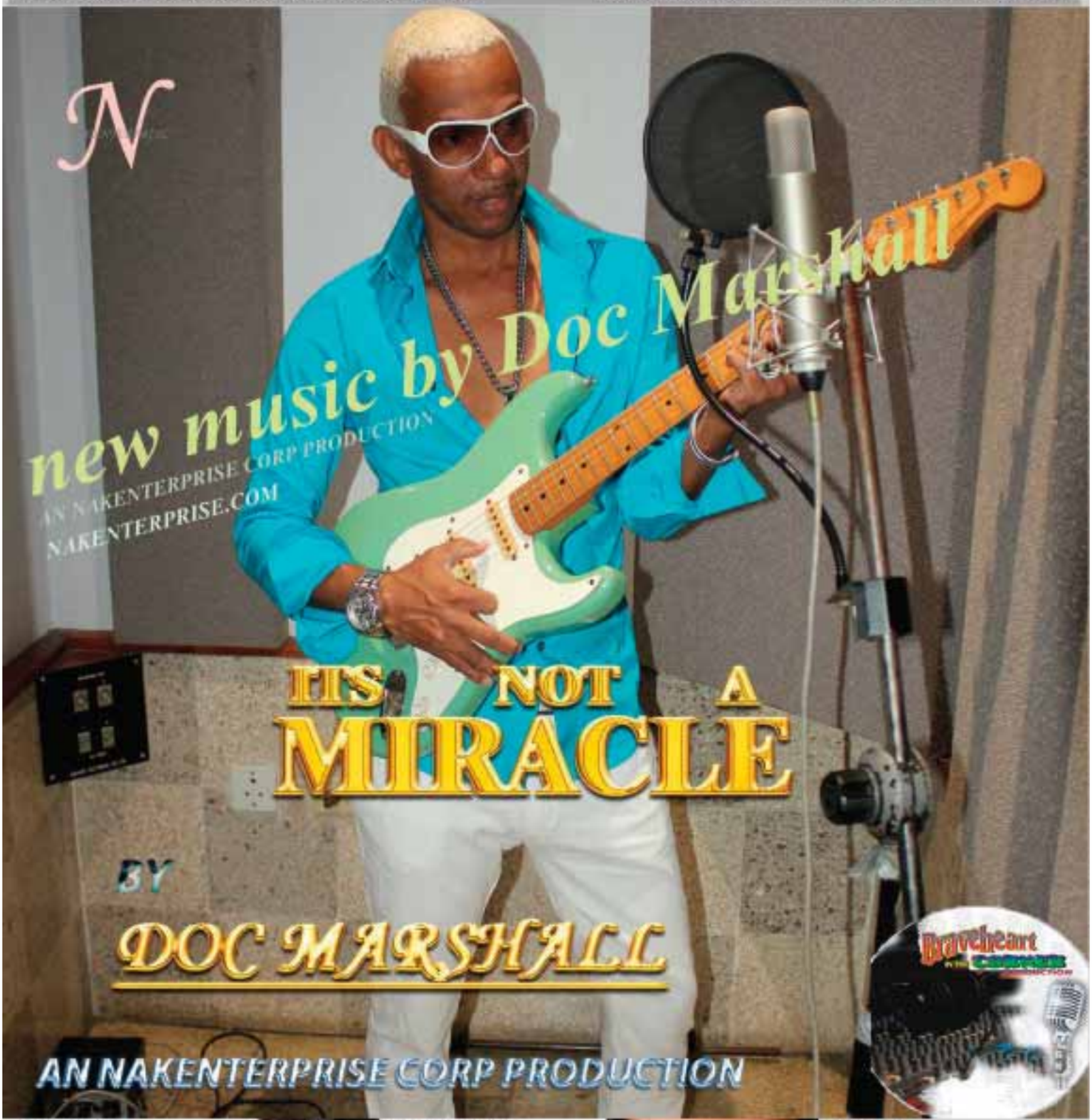

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Deal to keep horse carriages in NYC

City Council must approve the deal.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

City officials reached an agreement on Sunday with members of the horse carriage industry that — if approved — will decrease the number of horses used and also require a private stable to be constructed with city funds inside Central Park.

Mayor Bill de Blasio announced the deal in a joint statement sent out Sunday night together with City Council Speaker Melissa Mark-Viverito and members of the union representing the horse carriage drivers.

"We are pleased to have reached an agreement in concept on the future of New York's horse carriage industry," the statement said. "We look forward to working together on the final details of this legislation and getting this passed."

A horse-drawn carriage GETTY IMAGES

According to the New York Daily News, under the deal the number of horses will drop from 180 to 110 by this December, and then will drop again to 95 when a stable opens in Central Park by 2018.

In the deal, the city agreed to set up stands — where drivers pick up passengers — inside the park, removing the ones on surrounding streets.

The plan would also lower the number of hours a horse works per day to nine, require horses not working to rest outside the city, and allow drivers to charge an extra $5 after 6 p.m. between Nov. 15 and Jan. 5.

Starting in June, horses will not be allowed to travel on the streets outside Central Park — unless they are going to and from stables.

Also, as part of the deal, the city will get rid of all pedicabs from Central Park south of 85th Street — removing direct competition to the carriages, the Daily News reported.

The City Council must approve the agreement, according to The New York Times.

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- My toes aren't straight– they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

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Schumer: Hear me now on cell service

Sen. Chuck Schumer has taken aim at spotty cellphone coverage by launching a campaign with crowdsourced information designed to pinpoint reception dead zones.

On Sunday, Schumer said that his campaign would encourage people to report areas where there is no cellphone reception, with promises to notify wireless carriers of such spots, NY1 has reported.

"In a crowded area like the New York metropolitan area, it's inexcusable with all the money that we pay now for cellphone service that there should be so many places where calls are dropped, and it's dropped in the same places over and over and over again," Schumer said to NY1.

After logging a complaint of an area with unreliable cellphone coverage, Schumer's office will then challenge cellphone providers to remedy their weakest spots, CBS stated. Schumer also said he will specifically name the companies with the worst coverage records.

Schumer GETTY IMAGES

Schumer also addressed emergencies, saying that dropped calls could be dangerous in such situations, CBS added.

"It is just confounding that calls are dropped in the most crowded of places, the most traveled of places, over and over again," Schumer said to the New York Post in a related article. "What good is a cellphone unless you have good coverage?"

JASON NUCKOLLS

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BRIEF

Off-duty cop shoots Bronx mugger, two remain at large
An off-duty NYPD officer was the target of an attempted robbery, but the officer shot one assailant as two others fled and remain on the loose.

Just before 4 a.m. Monday near the corner of Creston Avenue and East 179th Street in the Bronx, Sgt. Esteban Abreu was outside video-chatting with his son when he was accosted by three men, the New York Daily News reported.

One of the knives used in the attempted mugging NYPD

Police determined that the three assailants had attempted to steal the officer's cellphone at knifepoint, according to an NYPD statement. When they discovered his badge, one of the suspects said, "Shoot him, shoot him," in Spanish.

Abreu then pulled his gun and shot one of the suspects as the other two men, armed with a gun and knife, fled on foot, the NYPD also stated.

"I stayed on the phone with the 911 operator. I gave him a description through the window while [the officer] was standing out there with his weapon drawn and was holding one individual down," one witness said to NBC.

The suspect who was shot was taken to St. Barnabas Hospital, the Daily News stated. Police were able to recover two knives from him, the NYPD added.

Abreu was transported to Jacobi Hospital for evaluation, the police stated.

The remaining at-large suspects, described as Hispanic, ran east on Echo Place; one was wearing a red sweater and a white shirt and carrying a gun, and the other was wearing a black jacket and carrying a knife, the Daily News reported.

JASON NUCKOLLS

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Shields PROVIDED

Flight attendant vanishes at LGA

Sierra Shields, 30, had been working for Shuttle America before she walked out on her job midday Thursday, leaving her belongings behind.

JASON NUCKOLLS
@MetroNewYork
letters@metro.us

A former flight attendant who abruptly quit her job has disappeared after last being seen at LaGuardia Airport.

Sierra Shields, 30, was working for Shuttle America when she walked out on her job midday Thursday, leaving her belongings behind, CBS reported. The last person to speak to her was her former supervisor.

"This is my beautiful and sweet little sister," read a post on Crystal Shields' Facebook page which was quoted by the New York Daily News. "She is the kindest soul, and right now she is missing. Please if you live in New York, or really anywhere, share her picture. Please help find her. Please."

On Facebook, a page has been established called Find Sierra Shields, the Daily News added, also reporting that the page has now received over 3,600 likes.

Police are worried that Shields could be suicidal, CBS stated, because she had previously told her father she could see God on the other side of the East River, and she voiced a desire to try to swim across it.

Shields, approximately 5-foot-7 and weighing 160 pounds, was last seen wearing a navy blue dress, according to the Daily News.

Spike Lee joins boycott of 'mega-white' Oscars

Director Spike Lee GETTY IMAGES

The Academy Award nominations are the whitest since last year.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

When this year's Oscar nominations were announced Thursday, "Carol" not being among the Best Picture pack wasn't the only glaring omission. There was also a decided lack of nonwhite names. No Michael B. Jordan or director Ryan Coogler for "Creed," no Samuel L. Jackson for "The Hateful Eight," none of the trans stars of "Tangerine." Even the screenwriters for the N.W.A. saga "Straight Outta Compton" were white.

It's the whitest Oscars since, well, last year, when the Academy couldn't even get behind "Selma" star David Oyelowo and director/cowriter Ava DuVernay. Before that it hadn't been so white since 1998. And even on the on years it's never been great: As the Huffington Post broke it down, on average two or three nonwhite performers and filmmakers tend to be nominated, and sometime it's only one.

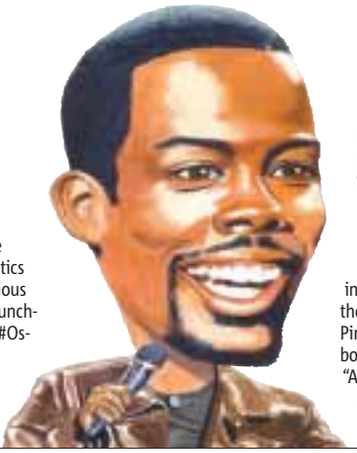
The backlash has been swift and mighty.

Now Spike Lee has joined the fray. On Martin Luther King Jr. Day, the filmmaker — whose "Chi-Raq" was a glorious and messy return to form (with no nominations) — sent out a lengthy Instagram message attached to a photo of a young MLK. Lee thanked the Academy for an honorary award he received in November, but said he too would be skipping out in protest of a batch of nominations he called "lilly white."

"How Is It Possible For The 2nd Consecutive Year All 20 Contenders Under The Actor Category Are White? [all of this is sic]," he wrote. "40 White Actors In 2 Years And No Flava At All. We Can't Act?! WTF!!"

He continued: "For Too Many Years When The Oscars Nominations Are Revealed, My Office Phone Rings Off The Hook With The Media Asking Me My Opinion About The Lack Of African-Americans And This Year Was No Different. For Once, (Maybe) I Would Like The Media To Ask All The White Nominees And Studio Heads How They Feel About Another All White Ballot."

BRIEF



Chris Rock and Jada Pinkett Smith call out superwhite year at the Oscars

As soon as the Academy Award nominations were announced last week, critics took notice of the suspicious lack of racial diversity, launching the pointed hashtag #OscarsSoWhite. Super awkward, right? Well, Oscars host Chris Rock isn't afraid of awkward. In a Twitter post for a video promoting the show, Rock slipped in a caption calling the Oscars "the White BET Awards." Ouch.

Not everyone is feeling jokey about the issue, though. Also on Twitter, Jada Pinkett Smith raised the idea of boycotting the show altogether. "At the Oscars, people of color are always welcomed to give out awards, even entertain," she wrote. "But we are rarely recognized for our artistic accomplishments. Should people of color refrain from participating all together? People can only treat us in the way in which we allow."

This might be a good time to also point out that "Magic Mike XXL" was shut out from the Oscar nominations, which is also just plain wrong.

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US sailors held captive by Iran were held at gunpoint: US military

An undated picture released by Iran's Revolutionary Guards website shows American sailors sitting in a unknown place in Iran. SEPAHNEWS.IR/TIMA HANDOUT

The 10 U.S. sailors who were briefly detained by the Iranian military last week were held at gunpoint and had a verbal exchange with Iranian personnel before they were released, the U.S. military said Monday.

In its most comprehensive timeline of the incident to date, the U.S. military the sailors also had two SIM cards pulled out of their satellite phones, but that there was no gunfire exchange. There were no details on the verbal exchange.

The U.S. sailors, who were aboard two patrol craft, were detained by Iran's Islamic Revolutionary Guard Corps (IRGC) on Jan. 12 when they inadvertently entered Iranian territorial waters. They were released the next day.

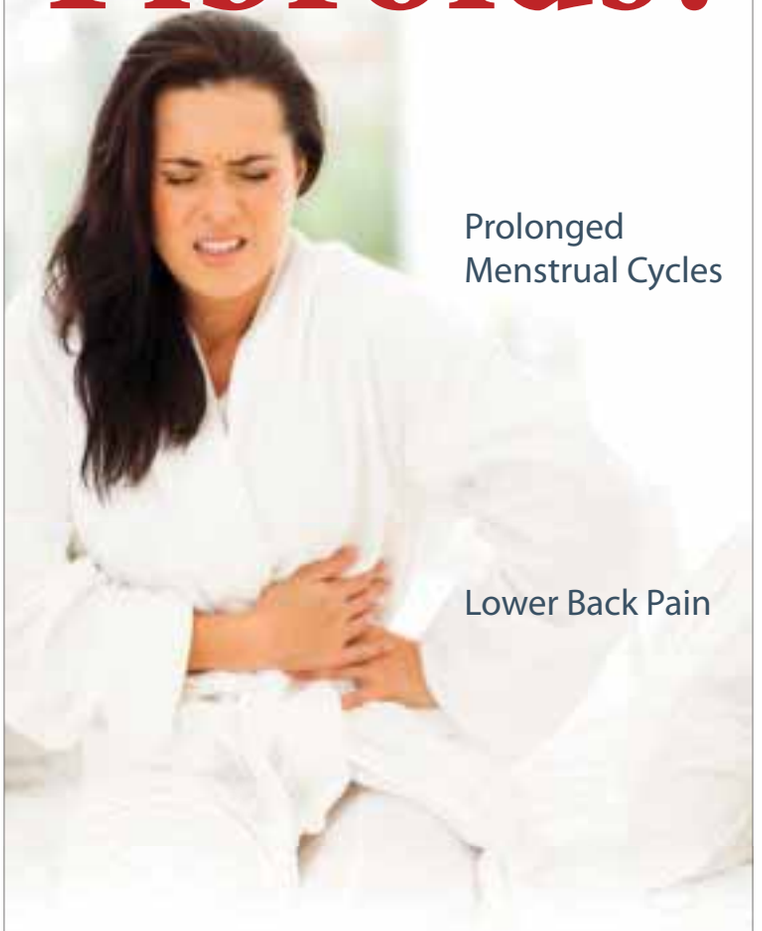
The U.S. military said the Americans were intercepted after the diesel engine in one of their boats developed a mechanical problem, although it was unclear if the crew was aware of their precise location.

The sailors were released unharmed and are in good health.

Their prompt release came just days before world powers lifted crippling sanctions on Iran in return for Tehran's implementation of a deal curbing its nuclear program.

Secretary of State John Kerry said on CNN that once he heard about the sailors' detention, he was "very frustrated and angry," and that "I raised it immediately with the Iranians." REUTERS

Fibroids?



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Ohio officer dead; man accused of hunting police is in custody

Herschel Jones III is shown in this police booking photo provided by the Knox County Sheriff's Office in Mt. Vernon, Ohio. KNOX COUNTY SHERIFF'S OFFICE

A man accused of hunting police officers was in custody on Monday after an officer in the central Ohio village of Danville was found dead, his gun and cruiser missing, Knox County Sheriff David Shaffer said.

Police received a call close to midnight on Sunday from a woman who said her ex-boyfriend, Herschel Jones III, "had left with weapons and was looking to kill an officer," Shaffer said in a statement.

"(She said) police officers in Danville were in danger," Shaffer said.

Police dispatchers issued an urgent call to officers but were unable to reach Danville Police Officer Thomas Cottrell. Knox County deputies began searching the village, about 60 miles northeast of Columbus.

Less than 30 minutes later, they found Cottrell deceased, his body on the ground behind the Danville Municipal Building, the sheriff said. His gun and cruiser were gone.

Two hours later, officers spotted Jones running from a home and, after a short foot chase, took him into custody.

Authorities are investigating the incident, and no further information was released.

REUTERS

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North Korea nuclear test paves way for party congress

The Workers' Party Congress, once a regular event, was last held in 1980.

Commuters walk past a television screen showing a broadcast of North Korean leader Kim Jong Un's New Year speech. GETTY IMAGES

North Korean leader Kim Jong Un's recent nuclear weapon test was designed to boost his domestic legitimacy ahead of a rare ruling party conference in May that could formalize market-based economic experiments in the isolated country, analysts say.

Although violent, the years since Kim took power following his father's death in late 2011 have moved the country towards increased stability and a return to a more "formal" way of running the country, said Michael Madden, an expert on the North Korean leadership.

"What some observers and analysts identify as instability is really more a matter of Kim Jong Un trying to reset a very entrenched system."

"And that can take a few years, as we've seen," Madden said.

While analysts have for years been wrong in predicting major reforms — or collapse — in North Korea, the fact that the event is taking place for just the seventh time after a decades-long hiatus is a further indication that Kim is transforming the North Korea his father Kim Jong Il ruled through back-channel dealings into a more "normal" state where formal process is ingrained.

North Korea conducted its fourth nuclear test on Jan. 6, provoking condemnation from its neighbors and the United States, although experts doubt Pyongyang's claim that it exploded a hydrogen bomb.

At the congress, Pyongyang is likely to announce policies on matters ranging from economics and politics to defense and relations with rival South Korea. It may even announce measures lifting restrictions on the thriving informal economy, said Cheong Seong-chang, a senior analyst at the Sejong Institute.

"It's possible Kim Jong Un may free up the market economy at some point during the congress," said Cheong.

When the last party congress took place over four days in 1980 at Pyongyang's February 8th House of Culture, a monolithic concrete pillar-fronted building since renamed the April 25th House of Culture, it was open to foreign delegations from countries friendly to North Korea.

REUTERS

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- ☑ Coldness in your lower leg or foot
- ☑ Slower growth of your toenails
- ☑ Shiny Skin on your legs
- ☑ No pulse or a weak pulse in your legs or feet
- ☑ Erectile dysfunction in men

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Station Renewal Work

Beginning January 18, 2016, long-term service changes will begin at nine subway stations along the Sea Beach N line as part of a $395.7 million station renewal project being conducted by MTA New York City Transit.

Manhattan-bound N trains will not stop at 86 St, Avenue U, Kings Hwy, 20 Av, 18 Av, New Utrecht Av, and Fort Hamilton Pkwy. This change will remain in effect for approximately 14 months until Spring 2017.

Manhattan-bound N is available at Bay Pkwy and 8 Av

Coney Island-bound N makes all stops to Stillwell Av

Travel Alternatives:

- For service from these stations, take a Coney Island-bound N to Bay Pkwy or Stillwell Av and transfer to a Manhattan-bound N.
- For service to these stations from Stillwell Av, take the Manhattan-bound N to Bay Pkwy or 8 Av and transfer to a Coney Island-bound N.
- Take the D from New Utrecht Av-62 St and transfer to the N at 36 St.
- N customers may consider alternate service and stations on the D and F lines.

Stay Informed

Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

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Iran boosts oil output, many foreign firms keen to seal deals

A clutch of German firms were among those to signal their appetite to ramp up business ties with Tehran.

Iran ordered a sharp increase in oil output on Monday to take immediate advantage of the lifting of international sanctions, and some foreign firms raced to snap up deals as Tehran emerges from years of international isolation.

Others were more wary, mindful of the risk of falling foul of residual U.S. penalties despite the lifting of nuclear-related sanctions by the United States, European Union and United Nations.

Those measures were scrapped as part of a landmark deal between Iran and world powers, rewarding the Islamic Republic for scaling back its atomic energy program in ways that U.S. President Barack Obama said would prevent it from getting its hands on a nuclear bomb.

"We will be committed to the nuclear deal as far as the other side is," Iranian President Hassan Rouhani said on Monday, adding that his country was "morally and religiously committed not to seek weapons of mass destruction."

The agreement restores Iran's access to tens of billions of dollars in frozen assets, reopens the country to foreign investment and allows it to resume selling oil on world markets, albeit at a time when they are drowning in excess supply.

Deputy Oil Minister Rokneddin Javadi said Iran could increase output by 500,000 barrels a day "and the order to increase production was issued today".

An oil tanker is seen off the port of Bandar Abbas, southern Iran. GETTY IMAGES

The sanctions revoked at the weekend had cut Iran's oil exports by about 2 million barrels per day since their pre-sanctions 2011 peak, to little more than 1 million bpd.

Oil prices touched their lowest since 2003 on Monday as the market braced for additional Iranian oil exports.

The lifting of sanctions opens up business opportunities across a host of sectors, from planes to telecoms.

"Iran is a huge market and in our focus," Kaan Terzioglu, head of Turkey's biggest mobile operator, Turkcell, said in an interview with Reuters.

He said Iran could be a target market as the company looks for regional acquisitions: "We are closely watching the Iranian market and in touch with all of its fixed line and mobile operators." REUTERS

BRIEF

Invites to Syria talks on hold, agreement on opposition needed: UN

The United Nations said on Monday it would not issue invitations to peace talks between Syria's government and opposition set to begin on Jan. 25 until major powers pushing the peace process reach agreement on which rebel representatives should attend.

"At this stage the U.N. will proceed with issuing invitations when the countries spearheading the ISSG (International Syria Support Group) process come to an understanding on who among the opposition should be invited," U.N. spokesman Farhan Haq said.

The countries driving the diplomatic initiative on Syria include the United States, Russia and other European and Middle Eastern powers, including rivals Saudi Arabia and Iran.

U.N. diplomats said it looks increasingly likely that the U.N.-brokered talks between Syria's government and opposition will be delayed.

The talks planned for Jan. 25 in Geneva are part of a peace process endorsed by the U.N. Security Council last month in a rare display of international agreement on Syria. REUTERS

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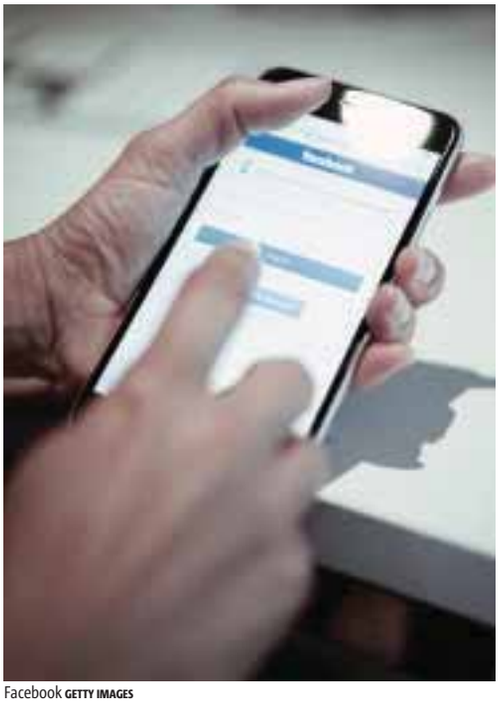
Facebook begins Europewide campaign against extremist posts



Facebook GETTY IMAGES

Facebook began a Europe-wide campaign Monday to thwart extremist posts on social media, after German politicians in particular raised concerns about a rise in xenophobic comments linked to an influx of refugees.

The U.S.-based group launched its "Initiative for Civil Courage Online" in Berlin, pledging more than $1.09 million to support nongovernmental organizations in their efforts to counter racist and xenophobic posts.

Facebook Chief Operating Officer Sheryl Sandberg said hate speech "has no place in our society," including in the Internet.

Facebook's ground rules forbid bullying, harassment and threatening language, but critics say the social network does not enforce them properly.

On Friday, the firm said it had hired a unit of the publisher Bertelsmann to monitor and delete racist posts on its platform in Germany.

In November, prosecutors in Hamburg launched an investigation into Facebook on suspicion of not doing enough to prevent the dissemination of hate speech.

Top German politicians and celebrities have voiced concern about the rise of anti-foreigner comments on Facebook and other social media as the country struggles to cope with a tide of migrants that amounted to 1.1 million last year alone.

Chancellor Angela Merkel has urged Facebook to do more, and the Justice Ministry set up a task force with Facebook and other social networks and Internet service providers with the aim of identifying criminal posts more quickly and taking them down. REUTERS

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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieve pain while you suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the country for this knee arthritis pain treatment and why waiting drastically decreases your chance to live a pain free life again

OsteoRelief Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients.
Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain.
It might even keep you from getting total knee replacement surgery.
Please pay careful attention. What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.
In fact, I'm going to have to ask for a bit of patience from you if you have already ***unsuccessfully*** tried any (or many) other knee arthritis pain treatments.
You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.
And often gets results when many others have failed.
This is why patients come from all over the tri-state area

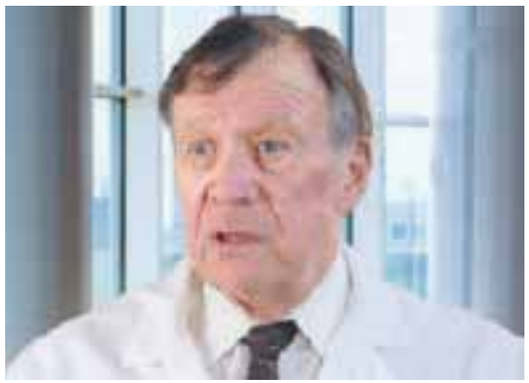
Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementaiton treatments... doctors precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results CanBe Expected?
Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear -** many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?
Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem
The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will

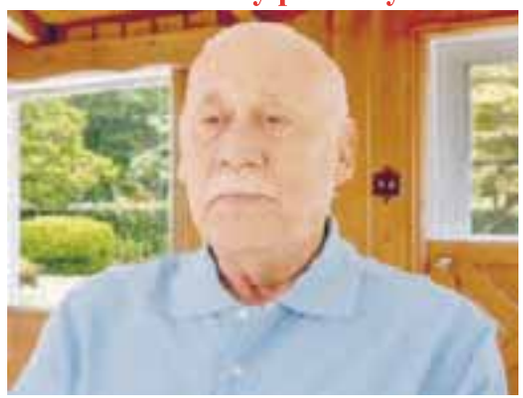
"I cannot ask for better results"



Dr. Stanley Weiner, M.D. - Surgeon

I had surgery scheduled last year. Three month before I made an appointment with OsteoRelief Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at OsteoRelief Institute were outstanding. I cannot ask for better results.** After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science.
Dr. Stanley Weiner

"I don't have any pain any more"



After I had the treatments the last tuneup I just

"Hey this feels terrific"

I was diagnoses bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. OsteoRelief said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out**. I did both legs at once which is great. When I got up out of the chair I stood up and I said, ***"Hey this feels terrific."***

"I feel like a new woman - It's amazing."

and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

If you want instant proof - you can just look at all all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did. Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get one very common complaint.

And it is: "I wish I started this treatment much sooner."

Let's be very clear about this.

Time is the most precious thing. There is no way to slow it down - or get any back once it is gone. All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pan and start living the life you want and deserve.

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act RIGHT NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid."

not work.

That's why the experts at OsteoReleif Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you had viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain: *Special Your Invitation*

OsteoRelief Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Institute. For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare. Call 800-227-5633 to schedule your screening.

go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain. I'm out there playing!

"I feel like a new woman"

I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious.When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

Miley Cyrus flashes old engagement ring

ALL PHOTOS GETTY IMAGES

It looks like that whole rumored reunion with ex-fiancé Liam Hemsworth is coming along nicely, if Miley Cyrus' latest choice in jewelry is any indication. The outlandish singer has been spotted sporting a rock that looks suspiciously like the engagement ring Hemsworth gave her that she wore until their split in 2013. Cyrus arrived in NYC on Sunday and stepped off the plane wearing the item in question, glittering in the flashbulbs as she shielded her face from the paparazzi. And then the next day she posted a photo on Instagram prominently displaying the ring, though her caption was more in reference to her strawberry-themed outfit. So it looks like she likes having it on. How much should we be reading into this?

Hailey Baldwin's dad denounces Bieber romance

So are Justin Bieber and Hailey Baldwin actually dating? Not so much, at least according to her dad, third-most-employable Baldwin brother Stephen Baldwin. TMZ caught up with him outside LAX to quiz him about his daughter's doings, and Pops insists that "dating" is the wrong word for it. "There's no label on it. Just friends," Stephen says. But apparently the proud father would be totally into it if they did want to date, because he's all about the Biebs. "Mr. Bieber is a wonderful young man, hugely talented," Stephen says. "[He's] got a whole lot more success ahead of him." And who would know more about success than Stephen Baldwin?

Jay-Z and Beyonce moving back to NYC

Good news, New Yorkers. You may soon have everyone's favorite probably-Illuminati power couple back on home turf, as Jay Z and Beyonce are reportedly shopping around for a new NYC nest in which to land, according to Star magazine. Blue Ivy's parents have been spending much of the last year living it up in a rental property in Los Angeles, but apparently it's time to get back into an Empire state of mind, as they're "definitely" scoping out some new digs. "Although nothing has been confirmed they have been looking in New York," a source says. "They've said that they want to be closer to their family on the East Coast. They know that they need places in both L.A. and N.Y." Sure! Who doesn't?

the word

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@FINALLEVEL
Can you imagine MLK and Trump having a conversation....

@JohnCleese
I'm quite proud that my tweets have received 23 million 'impressions' in the last 4 weeks. I only wish I knew what it meant.Impressionists?

@KevinHart4real
They're called New Year's resolutions for a reason. Don't give up after a few weeks.

@NiallOfficial
Woke up coughing an hour ago.. Oh yeh, still coughing now. F this

9 Buzzy authors you can meet this week

Your New Year's resolution was to read more, right?

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

This week, celebrities invade New York's literary scene with two can't-miss yet completely different book events. Bonus: The only cost is buying the book — which you probably want anyway. Here's a rundown of everything you need to know.

Master Class on the art of tidying up with Marie Kondo

Jan. 20, 7 p.m.
Barnes and Noble Union Square (33 E. 17th St.)
Organization guru Marie Kondo is making a special New York City appearance to celebrate the release of her new book, "Spark Joy." At the event, she will share (through a translator) her words of wisdom on how tidying up your apartment can completely transform your life. You must buy a copy of the book to attend this event. Seats are sure to fill up, so get there early.

Book release for "Navel Gazing" by Michael Ian Black and Julia Turner

Jan. 21, 8 p.m.
The Strand (828 Broadway)
Michael Ian Black may be known for his comedy, but his latest book, "Navel Gazing," is a poignant read. After Black's mom receives some devastating medical news, he thinks about getting older and, well, death, in a way he never has before. He'll be talking all about middle age in a conversation led by Slate editor Julia Turner. To attend the event, you must buy a copy of the event or a $15 Strand gift card.

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FREE CONSULTATION!

MODEL

Dr. Kenneth R. Francis - Board Certified Plastic Surgeon: Featured in : "Allure, Glamour, and Inside Edition"

Books for your feminist book club

If you want to take Emma Watson's lead and start your own feminist book club in 2016, there is no shortage of books coming out that can help you get started. Watson's book club is partnered with UN Women and off to a terrific start — the first book is Gloria Steinem's "My Life on the Road" — but the three highlighted here are new and buzzy. Call your friends, grab the wine or whiskey and get cracking!

"Lean Out" by Dawn Foster

Sheryl Sandberg's 2013 book "Lean In" became the business bible for career women everywhere, but journalist Dawn Foster — who covers politics, social affairs and economics for The Guardian — says it's bollocks. In "Lean Out" (out tomorrow), she gives the finger to businesses, capitalism and the patriarchy, saying these outer forces should be what have to change, not women themselves. Whether you totally agree or respectfully disagree with her, the book is sure to spark a lively conversation for your book club about what women in the workplace should or should not be doing to get ahead.

"Scarlet Women" by Ian Graham

Journalist Ian Graham lets readers into the bedrooms and lives of some of the most famous mistresses and courtesans of all time in "Scarlet Women" (out Jan. 26). While many were severely judged, Graham shows that there's more than meets the eye, and many of these women served an invaluable secret purpose. The stories — from scamming the wealthiest men in the world to truly falling in love with someone already married — will have you and your book club cohorts rethinking what it means to put bros before hos.

"The Lovers" by Rod Nordland

Chances are, you and your friends complain about dating and relationships all the time. But we have it relatively easy compared to what couples face in some other countries. In "The Lovers" (out Jan. 27), New York Times Kabul Bureau Chief Rob Nordland chronicles the true story of a "Romeo and Juliet"-esque tale, set in Afghanistan. Zakia and Ali bucked Afghan civil and Islamic law by falling in love despite coming from different tribes. The couple still lives together in hiding — with their baby girl — hoping to remain undiscovered from authorities and Zakia's family, who wants to restore their family's honor — by killing their child. EMILY LAURENCE

Olivia Munn

The actress talks "Ride Along 2" and the crazy ways she gets in shape.

MATT PRIGGE
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Olivia Munn once got slammed from some outlets, including Jezebel, for being the pretty comedian during her stint on "The Daily Show." Now she gets heat from sports journalists who blame her for every fumble boyfriend Green Bay Packers QB Aaron Rodgers makes.

"People can say really nice things, and people can say really horrible things. The key is I don't believe any of the bad stuff, and I don't believe any of the good," says Munn, 35. "If I believe the good stuff, I have to believe the bad."

Munn talks to us about her new life and her new film, the comedy "Ride Along 2."

Olivia Munn plays a detective alongside Ice

How have you taken to life among sports culture?

I live in Green Bay a lot of the time, and I love my life there. It's such a great community, with the teammates and their wives. I get such great support there. It's a family.

ignores the haters

Cube and Kevin Hart in "Ride Along 2." QUANTRELL D. COLBERT

You've spent the last handful of years all over the map. This is at least part action, as is "X-Men: Apocalypse." How was it picking up new skills?

For "Ride Along 2," I was able to practice holding and feeling comfortable with a gun, and how to be safe with a gun. But when it came to "X-Men," that was completely different. Everything stepped up. I started working out six, seven hours a day when I wasn't working, and doing taekwondo, doing swords. That was my choice, to work out that much. For the character to be lethal, I had to feel that capable and strong. It's something that's stayed with me. I want to keep it up, because when you feel strong and capable, it's an addictive feeling — to have this strength you didn't have before.

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Glynne performing at Roundhouse in London in November 2015. GETTY IMAGES

Jess Glynne's really big lesson

The 26-year-old British singer-songwriter is looking for depth in dance music.

SEAN L MALONEY
@SeanLMaloney

Jess Glynne is having a very surreal year.

In fact: "It's very surreal, very, very, very surreal," Glynne, 26, says.

In just the past four months, the British singer-songwriter has released her stateside debut, "I Cry When I Laugh," broken the Billboard Hot 100 and watched that very same album go double platinum in her homeland.

"To enter 2016 with a double platinum is probably one of the best things anyone could wish for."

She also took home a 2015 Grammy for her single with Clean Bandit, "Rather Be," and has racked up hundreds of millions of YouTube views with powerful, soulful dance anthems.

But more importantly, she's a member of the vanguard of young women rewriting and reshaping the pop landscape. Weaving narrative as strong as her singing voice, Glynne's "I Cry" makes a bold declaration that dance music and song craft don't have to be mutually exclusive, a lesson she learned through trial and error.

"When I was young and getting really into music, I would listen to my parents' cassettes," she says. "If I listened to a Mariah Carey song, I'd break it down, see where it rhymed and what went where and then write my own version."

"I tried out so many different genres and different sounds. You develop a sound and a thing that you want to be *the thing*."

As it's turned out, Glynne's "thing" is an encapsulation of R&B's influence on dance culture, a dynamic intersection of soul, gospel and house. But big records require the support of big production teams and big names, and Glynne had to learn to loosen the reins and cede some control of her songs to her collaborators.

"[Clean Bandit's] 'Rather Be' was a really big lesson for me," says Glynne. "Originally I was against doing it, [but] it actually changed my view on singing someone else's songs."

As result, "I Cry When I Laugh," out last August from Atlantic, is an album of rich, dynamic interplay between music and musicians. Standouts include her fifth No. 1 single, "Don't Be So Hard on Yourself," and "Saddest Vanilla," a collaboration with Scottish rock-soul singer Emeli Sande.

When asked for advice for young women with dreams of songwriting, Glynne doesn't hesitate for a moment:

"Just get to it. Listen to songs, listen to your favorite songs, listen to how they are, how they're structured and to the stories being told," she says. "Take guidance from that, take notes."

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Miami Horror's album "All Possible Futures" is out now. PHOTOS PROVIDED

Miami Horror brings sunny sounds Stateside

Frontman Benjamin Plant tells us about the new album, plus the secret to avoiding a band breakup.

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It took Australian electronica band Miami Horror more than five years to release a follow-up to their buzzy debut album "Illumination," but the five members were by no means taking it easy. The album was so successful that they've been touring non-stop as well as working on various side-projects such as bands Wunder Wunder and All The Colors.

"When we got back in the studio we tried so hard to make something that didn't sound plain, says frontman Benjamin Plant, 28 about their sophomore release "All Possible Futures." Here the singer talks LA vs. Melbourne and how to keep the band together.

Is the music scene in Australia really different from here in the States?

[Music fans] are a bit more loyal in America. In Australia, there's always a new sound, which can be a good thing, but there's a high turnover of young artists who just come and go, so that can kind of be a bad thing. Sometimes you see music that's really good and the band gets a lot of hype, but then it drops.

You recorded the album in Melbourne as well as Los Angeles. Did that influence the sound at all?

Yeah. Melbourne kept us pretty cool since, like I mentioned, the music scene there makes you want to stay relevant a little more, where as LA was more of a dreamy fantasyland that we let impact the music and try to make classic songs.

You went to film school before starting Miami Horror. Does that come in handy now as a musician?

It helps with the story element of music, thinking about the bigger picture and the concept of an album as opposed to just a song.

How have your friendships with the other guys in the band changed over time?

Being in a band is a really weird thing. Back when we started, there were tensions and attitudes with some people. Now, it's the complete opposite. We spend a lot of time listening to each other and compromising. Normally, you wouldn't be friends with people you have a lot of differences with, but in a band, you have to stay together so it's important to get through periods of conflict. If you can get through that and realize how important the band and the project is, it makes you a better person and you're also able to deliver music to fans.

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HOW TO GET AHEAD

Why artists need to work — and think — like entrepreneurs

How to run your craft like a business.

MEREDITH ENGEL
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It's not enough for artists to bank on creativity alone — they need business skills to turn their craft into a sustainable career. Starving artists who can't afford an MBA can now learn the ins and outs of finance, marketing, taxes and more through a free online resource called Work of Art.

Developed by Creative Exchange, an arm of the Minnesota-based arts nonprofit Springboard for the Arts, the program consists of a 14-part video and workbook series for all types of artists, from painters to performers.

Creative Exchange founder Laura Zabel says that budding Beethovens and Banksys may not have the most

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up-to-date marketing and financial information from school — if they had any at all.

"More and more artists need to be small-business owners," she says. "Far fewer are going to hire you [for] a full-time job. You need to know how to run your [craft] like a business, and unfortunately, a lot of people haven't had access to that kind of training."

Five tips to get you started

Zabel offers the following advice for artists who want to start thinking like entrepreneurs.

1 Find your audience

Want to build a public following? First, figure out whom exactly you're making your art for. Then create a plan to reach your target audience.

2 Define "success"

Does it mean money, fame, validation or something else to you? "Spend time thinking about what your goal is," Zabel says.

3 Know your worth

Creative endeavors are often huge investments of hours and capital. "Understand how much time and what your cost is to make an object or performance," says the expert.

4 Be a good bookkeeper (or hire one)

Diligently tracking your earnings and spending "can be a really important tool in helping your small business move forward," Zabel says.

5 Draw up a realistic business plan

"Maybe [it] isn't a business plan that looks the same as a restaurant's," Zabel says. Still, it may have similar categories, like market segmentation, goals, pricing and cash flow.

How to turn your law degree into a job

Set yourself apart from a sea of J.D.s with these four tips.

MEREDITH ENGEL
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Even after law students pass the bar, the hard work's not over — and those student loans aren't going to go away on their own. Now, you need a job. The market for law school grads is changing, but the common sense rules of professionalism still apply. Here are four expert tips on landing a job.

Cut yourself a little slack

"Most legal employers are not expecting applicants coming right out of law school to know practically how to be a lawyer," says Marisa Rauchway Sverdlov, owner of the Law Office of Marisa Rauchway Sverdlov LLC. Play up your experiences (even if they're nonlegal) that show you're a quick learner and a reliable employee.

Take an active role

Network by joining committees within bar associations and volunteering at events. "This way, other attorneys will not only know your name but will know you as a driven new lawyer who can be trusted with responsibility," says Rauchway Sverdlov.

Be open to different paths

Don't freak out if you graduate law school without a job lined up. There are many other ways to build your experience. ISTOCK

You may have had dreams of yelling "objection!" in a crowded courtroom since you were a kid, but it makes sense to "pursue a variety of positions and work to get exposure," says Randal Jeffrey, director of the general legal services unit at New York Legal Assistance Group, which offers free legal aid to New Yorkers who can't afford private attorneys.

Go pro bono

New York state's new Pro Bono Scholars Program places final-year law students at a legal services organization in the state; it's a great résumé booster, and you'll make connections, Jeffrey says. If you get accepted to the program, you'll also get to take the bar early, in February of your third year — meaning you can likely start working immediately after graduation.

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There is another way to eat

wellbeing

This is not how you should be thinking about food. ISTOCK

MAKE HEALTHY YOUR NEW HAPPY

Learn how to let your body take the lead in "Big Girl."

EVA KIS
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Like it or not, we live in a world that has made skinniness a virtue, and that means what we eat becomes a moral choice. Ironically, it's the people we think of as having "lost" the food game — chronic dieters — who know best that trying to feed a psychological hunger rather than a physical one will never satisfy either.

"As with many people, food very early on became the outlet for everything else," recalls Kelsey Miller, who chronicled her breakup with dieting in Refinery29's The Anti-Diet Project column. "Distraction in general was a big problem for me, and food was the easiest, most accessible and immediate, visceral escape."

Miller had tried to manage her weight with various diets and rigorous exercise routines from childhood until age 29, when she collapsed during a Spartan run. Instead of continuing to torture herself into wellness, she decided to try intuitive eating, which is as simple as it is daunting: She gave up letting anyone else tell her what to eat and started listening to what her body wanted.

Three years later, that journey is now her first book, "Big Girl: How I Gave Up Dieting and Got a Life." Here's what Miller discovered about eating from having to learn how to do it all over again.

Redefine what it means to enjoy food

The enjoyment that food provided before Miller began eating intuitively had little to do with actual hunger. The satisfaction was emotional: the thrill of "being bad," bingeing or using a special occasion to eat whatever she wanted.

Enjoying food now means asking herself "What do I want to eat right now?" instead of letting occasions set the rules; "Is it good?" instead of eating whatever is available; and "Am I enjoying this?" instead of bingeing being its own reward.

Food is not good or bad

Many foods may as well have one-word labels depending on the shifting sands of nutrition fads and diet trends. "Whenever you have that sense of forbidden fruit around something, especially from that very early age, that's when you start to act a little crazy around it, that's when it becomes something more than food," Miller says.

Where dieting is about restrictions, intuitive eating is "much more about curiosity and exploring and figuring it all out."

Yes, you will eat better (eventually)

Intuitive eating is empowering — instead of letting a diet control your body, you acknowledge and satisfy what it wants. This may not sound like a great idea at first, however, and Miller freely admits to thinking she would "overdose on pizza" when she started.

But she rode it out, and everything shifted once it clicked that these foods would always be available: "The carb cravings normalized and then went away." She also learned that the "protein hit" of having an egg for breakfast helped her function better, as did eating more vegetables.

A mindful meal

Intuitive eating shifts the focus from what you eat to how you eat — think of it as mindfulness for the gut. Miller makes sure to eat at least one meal daily without distractions: no screens, no headphones, not even another person. She says it's helped her taste the food better, feel the beginnings of fullness and get ahead of future cravings by having her fill of a particular flavor.

"It makes you engage with your food," she says. "That ritual, even if it's just one meal, bleeds into the rest of the day."

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Eli Manning's comfort level should be A-OK in 2016, so there's no excuse for a losing season. GETTY IMAGES

ELI GOT HIS WISH, NOW HE HAS TO WIN AGAIN

OPINION

MARC MALUSIS
@marcmalusis

So the Giants have their new head and he is a familiar face in Ben McAdoo.

It did not hurt that the franchise quarterback, Eli Manning, was quite vocal in the support of McAdoo once it became official that Tom Coughlin was being pushed out the door after 12 years. Under the guidance of McAdoo, Manning saw his completion percentage rise and he put together back-to-back 30-plus touchdown seasons for the first time in his career. It also does not hurt that Odell Beckham Jr. exploded onto the NFL scene and has become one of the top wide receivers in the sport.

However, even with the performances of Manning and the emergence of Beckham Jr., it did not equate to winning years the past two seasons. Here is what I find amazing with the Giants' hire: The Giants are basically telling all of us that Coughlin was the problem.

Giants owner John Mara was defensive about this point, but actions speak louder than words and the Giants' actions belabor this point. Coughlin did not forget how to coach, but the decision to get the band back together and take another run at it without Coughlin basically depicts the two-time Super Bowl-winning coach as the problem.

When you lose, blame goes all the way around. But most of the blame for the Giants' failures in 2015 and for the past four seasons does not rest on the shoulders of the 69-year-old former Giants head coach. What the hiring of McAdoo does show you is that there was not a candidate that overwhelmed them in the interview process. It shows you that Mara and others heeded the advice of their 35-year-old franchise quarterback. It also shows you that the Giants realized that it was not time for systemic change.

Mara himself said the Giants have lost some credibility recently. So, it is a win-now situation in East Rutherford.

You have a 35-year-old quarterback who is comfortable in the offense he is currently in and does not want to change. It is a quarterback's league and you want to make sure Manning is happy and he certainly is knowing that he does not have to learn a new offense at this stage of his career. After all, Manning signed a new four-year, $84-million contract extension before the start of the season. He is not going anywhere and if the Giants want to win a third Super Bowl with Manning, they have to get moving and need to do it quickly. General Manager Jerry Reese and Co. will have around $48.8 million to spend in free agency to address a defense that was ranked last in the NFL and to address an overall roster that lacked quality depth.

The Giants still believe in their quarterback. The quarterback believed in his offensive coordinator and the offensive coordinator just became the head coach.

His suit might not have fit right, but McAdoo is the correct and only choice for the quarterback. In McAdoo (and Eli) they trust.

Eli got his man, and the Giants hope winning days will follow.

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The Isles' Anders Lee looks to create space against Vancouver. GETTY IMAGES

Islanders in need of some puck luck

The Isles feel they're playing well but it's not paying off in the win-loss department.

DENIS GORMAN
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Spend any amount of time around Islanders head coach Jack Capuano and the theme of process reveals itself quickly.

The coach of the New York Islanders often speaks about how he believes his team should play. Should they play the way he requires, reasons Capuano, they will be successful more often than not.

So it should not have been surprising that he wasn't irritated by what very easily could have been a frustrating 2-1 shootout loss to the Vancouver Canucks on Sunday at Barclays Center.

"I'm not disappointed in the effort," Capuano said. The Islanders outshot Vancouver, 48-26, and out-attempted the Canucks 94-51. "I'm not really worried about how many games we've lost or how many games we've won. The task at hand is to make sure we're getting better."

As the Islanders enter their final three games before the All-Star Break, they find themselves in second place in the Metropolitan Division, one point ahead of the Rangers.

"We've played three pretty good games this week," Kyle Okposo said. "Got five out of six points."

Still, dating back to the start of the new year, the Islanders are 3-3-1. And for every impressive win — such as the 3-1 win over the Rangers on Jan. 14 at Barclays — there have been head-scratching losses like the 4-0 defeat to the Flyers on Jan. 9.

"Maybe a little puck luck is what we need," said Ryan Strome, whose goal with 50.8 seconds left in regulation against the Canucks forced overtime. "If we keep playing the way we've been playing the last two or three games, we'll win a lot of games."

Following the loss to the Canucks, the Islanders have been outscored by an average of 3.28-2.57 in the seven games they have played this month. Oddly, the Islanders have outshot their opponents 252-234 — an average of 36-33.4 per game — in that stretch.

"We had so many chances," Stome said. "Second and third, even the first. Kind of the way it's going right now. It's frustrating."

The Islanders' offensive frustrations can be distilled to the person of John Tavares. The franchise cornerstone hasn't scored a goal since the 5-2 loss at Pittsburgh on Jan. 2. Tavares ranks second on the team in goals (15), assists (16) and points (31).

"When you're an elite player and you want to win, [and] things aren't going your way offensively, yeah, it's going to be frustrating a little bit," Capuano said of Tavares, who will represent the Islanders in the All-Star Game. "He worked extremely hard, did a lot of good things for us. It's going to come for him.

"For me as a coach, you can't take shortcuts, you can't cheat. And he hasn't done that."

While Capuano backed his star, he may temporarily lose another top-six forward. Mikhail Grabovski was ejected for boarding Henrik Sedin in the first period Sunday. Sedin, who leads the Canucks in assists with 28 and is second on the team in points with 37, did not return to the game and was to be examined by team doctors Monday.

"The NHL will make a decision," Capuano said. "They always rule; they've always done their job. We'll see what they have to say."

"For me as a coach, you can't take shortcuts, you can't cheat. And he hasn't done that."

Islanders head coach Jack Capuano, on John Tavares

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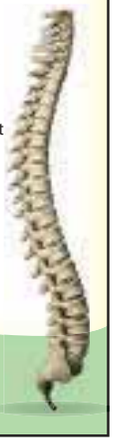

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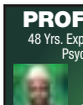

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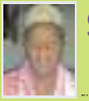

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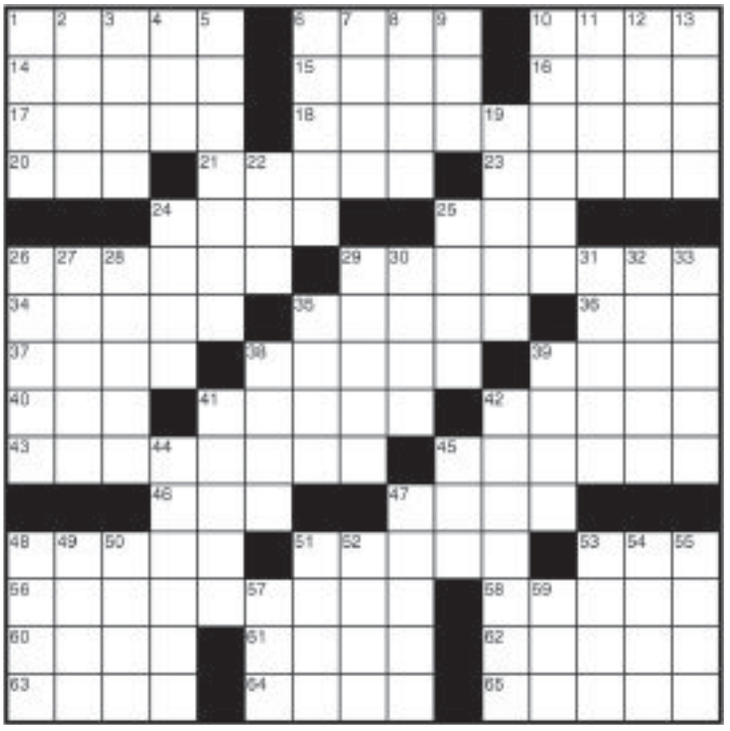

Across

1 Hump possessor
6 Tempo
10 Volume
14 Coffee emanation
15 Borodin prince
16 Ms. McClurg
17 Job openings
18 Granite mining
20 Sister of Helios
21 Hunker down
23 Warns a jaywalker
24 Observe
25 Many millennia
26 Polite address
29 Loots
34 Shaman's quest
35 Limerick starter
36 Peace gesture
37 Vanished
38 Corn-chip name
39 Queen's quarters
40 Here, to Henri
41 Claws badly
42 Glutted
43 Emulates Mozart
45 Chronicles
46 Mich. neighbor
47 Parroted
48 Granny Smith
51 Dainty ornament
53 — kwon do
56 It has tentacles
58 Engine noise
60 Nautical position
61 — fixe
62 Hair-raising
63 Leaf through
64 Watched
65 Exploits

Down

1 Inspect the joint
2 Singer — Guthrie
3 Pasture plaints
4 911 responder
5 Rodeo gear
6 Annoyance
7 Water, in Baja
8 Anagram for taco
9 Blow it
10 Over and above
11 Norse Zeus
12 Word from Babe
13 Beer barrels
19 Geneva's river
22 Oil amts.
24 "— drummers drumming . . ."
25 Greek currency
26 Vulcan virtue
27 It merged with BP
28 Tough fabric
29 Donahue and Collins
30 Allows
31 Title role for Madonna
32 Party hearty
33 Nursery buy
35 Proven
38 In a jiffy
39 Round of applause
41 Greenbacks
42 Crept
44 Did some surveying
45 Aries mo.
47 Sighed with delight
48 Nearly shut
49 Volcano goddess
50 Entreaty
51 In order
52 Shrink's reply (2 wds.)
53 Came apart
54 It turns litmus red
55 Really skimps
57 Old curse word
59 Once named

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easy

3								
	6				4			7
4	9	1		6				5
1	5	3	2				6	8
				8				
8	4				7	2	9	1
7				1		3	8	6
6			9				1	
								2

hard

	4		5	3		7		
	7					5		
1				8				4
		7		2	3		6	
8		6				2		3
	2		9	7		1		
9				6				7
		1					2	
		3		9	7		1	

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Aries You may be able to make a few good moves today, but someone or something will continuously try to stand in your way. Persevere if you want to make progress.

Taurus A promotion or professional change looks promising. Partnerships, collaborations and idea-sharing sessions will lead to a major achievement and add to your credentials.

Gemini Preparing for the changes you want to bring about this year will help you figure out what is doable and what is impossible. Focus on home and personal improvements.

Cancer Question anything or anyone who doesn't coincide with your mind-set. It's important to be on the same page as those you are working with if you want to achieve success.

Leo Bring about change instead of waiting for someone else to make the first move. You cannot please everyone, but you can make a difference if you stand up for your beliefs.

Virgo You are best off doing the work and relishing the rewards. Trying to work in conjunction with others will slow you down and lead to an emotional meltdown.

Libra If you can't make up your mind, you should try observing things for a while. Once you see what everyone else is doing, you will find it easier to do what's best for you.

Scorpio Keep an open mind and heart. It's important to show patience and compassion, and to offer unique solutions if you want to run the show. Offer hands-on help.

Sagittarius Don't let the actions of others limit you. Following the crowd will not help you resolve personal issues. Soul-searching, compromise and self-control will make the difference.

Capricorn Be prepared to accept change, and work with whatever situation you face. It's your adaptability that will help you come out on top and make everyone stop and notice.

Aquarius A curious, innovative approach to what you do and say will attract attention. Set the standard and decorate your personal stage to accentuate your talent and skills.

Pisces If you keep tabs on what transpires around you, you'll find it much easier to make a worthwhile contribution. Refuse to let someone dominate you or lead you astray. EUGENIA LAST

Yesterday's answers

O	I	V	A	N	■	G	A	P	E	■	A	V	E	C
E	R	A	S	E	■	O	U	R	S	■	M	A	L	E
J	O	S	H	U	A	T	R	E	E	■	P	L	O	D
A	N	T	■	T	U	B	A	S	■	S	L	O	P	E
■	■	U	R	E	Y	■	C	A	T	E	R	E	D	■
P	O	S	T	A	L	■	S	I	T	A	R	■	■	■
I	M	P	E	L	■	D	W	E	E	B	■	S	O	X
T	A	R	S	■	S	E	I	N	E	■	A	C	M	E
T	R	Y	■	W	A	S	N	T	■	S	W	A	I	N
■	■	■	C	H	I	D	E	■	S	P	A	R	T	A
C	O	L	L	I	D	E	■	T	H	E	Y	■	■	■
A	X	I	O	M	■	M	A	R	I	E	■	T	W	O
R	I	M	S	■	N	O	W	A	N	D	T	H	E	N
O	D	I	E	■	I	N	N	S	■	U	S	U	A	L
B	E	T	S	■	L	A	S	H	■	P	E	R	K	Y

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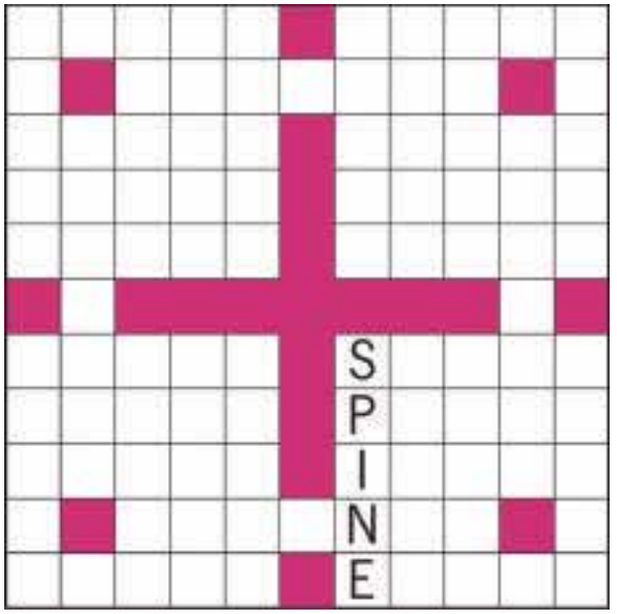
fill-ins

Place all the words listed into the grid. Each word can be used once only. The first word has been filled in.

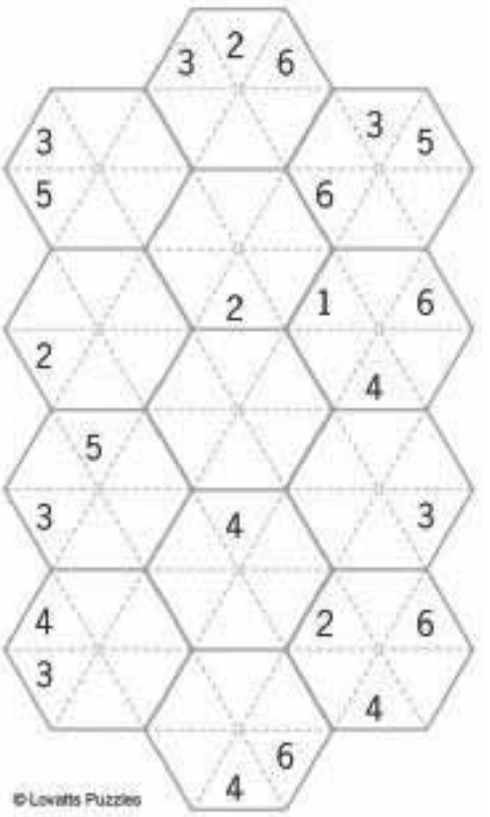


5 Letters
Agile
Atlas
Beret
Cacti
Catch
Clams
Cones
Duets
Essay
Grape
Haste
Impel
Inner
Input
Issue
Liars
Lisps
Merry
Pearl
Poise
Pulse
Rapid
Rinds
Rugby
Scrum
Sides
Spied
Spine
Steps
Tarot
Tears
Yells

7 Letters
Emulate
Espouse
Mourned
Reeling

hexoku

Fit the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same. No number is repeated in any hexagon.



President Obama delivers his final State of the Union

In a sweeping rhetorical indictment of anti-science philosophy, like climate change denial, President Barack Obama avoided a flurry of policy proposals in favor of big ideas at his final State of the Union speech.

Alabama chief justice: No gay marriage in my state

Judges who follow his order risk being held in contempt of court for violating the federal ruling.

Texas 'affluenza' teen taken into custody in Mexico

Ethan Couch became known as the "affluenza" teen during his trial in juvenile court, when a psychologist said he was so wealthy and spoiled he could not tell the difference between right and wrong.

Militiamen occupy wildlife refuge as dispute flares

The armed occupation is part of a decades-old conflict between ranchers and the federal government.

North Korea claims first successful H-bomb test

The news set off alarm bells in Japan and South Korea.

'Trumponomics' could cause a recession: Economists

A new report from Politico has experts explaining the Donald's fiscal plan.

Legendary rock musician David Bowie dies at age 69

A light has gone out in the world.

Wrong contestant crowned Miss Universe by host

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